

# A Free Webinar Series for Direct Care Professionals

## Practical Strategies for Supporting Individuals with Intellectual Disabilities and Dementia



### 4-Week Series on Tuesday Mornings

August 3, 10, 17, 24, 2021, 10:00 AM - 11:30 AM

Register at: <http://bit.ly/IDDStrategies821>

### For more information:

Please contact Patty Richard at [prichard@livewell.org](mailto:prichard@livewell.org)

**Participants must be able to attend all 4 webinars**

*Practical Strategies for Supporting Individuals with Intellectual Disabilities (ID) and Dementia* is a free 4-part webinar series for direct care professionals who work in all settings, including congregate residential and day programs.

Each interactive 90-minute webinar will build upon the prior session, so attendance at all four webinars is required to complete the series.

### Session 1: Understanding Dementia

Participants will be introduced to foundational information about dementia including causes of dementia, risk factors, stages, and behavioral symptoms. Special attention is paid to what dementia looks like in individuals with intellectual disabilities.

### Session 2: Understanding Behavioral Symptoms

Participants examine impacts of the environment on behavioral symptoms and review scientific models that explain the reasons for behavioral symptoms in individuals with dementia. Participants also practice applying these models to identify root triggers of behavioral symptoms in individuals with ID and dementia.

### Session 3: Approaches to Care

Participants will review pharmacologic and non-pharmacologic approaches to supporting individuals with dementia. Participants will learn problem solving processes to determine sources of behavioral symptoms in individuals with ID and dementia.

### Session 4: Care Strategies

Participants in this final session will learn practical strategies to support individuals with ID and dementia. Applying knowledge gained in the previous sessions, participants engage in problem solving to determine the sources of behavioral symptoms and brainstorm to identify strategies to manage behavioral symptoms in individuals with ID and dementia.

**Speaker: E. Adel Herge, OTD, OTR/L, FAOTA** Dr. E. Adel Herge is Professor and Director of the BSMS OT Program in the Department of Occupational Therapy at Thomas Jefferson University in Philadelphia, PA. As part of her work in the university Dr. Herge provides direct occupational therapy services through Jefferson Elder Care. She also is certified to provide Skills2Care-ID, a program designed for caregivers to help them manage the challenge of supporting individuals with ID and dementia.



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